

Transparency 15.1: Intensity

Calculating “Energy Intensity” from Physics:

$$\text{Energy Intensity} = [\text{Density of the energy}] \times [\text{Velocity of the energy}]$$

Calculating “Athletic Intensity”:

Density = Focused Desire
Velocity = Aggressive Action

$$\text{Athletic Intensity} = [\text{Focused Desire/Passion}] \times [\text{Aggressive Action}]$$